RECIPES AND IDEAS FOR THE COOK'S CARD INDEX

Separate the Chocolate from the Cocoa and Know Wherein the Subtle Difference Lies

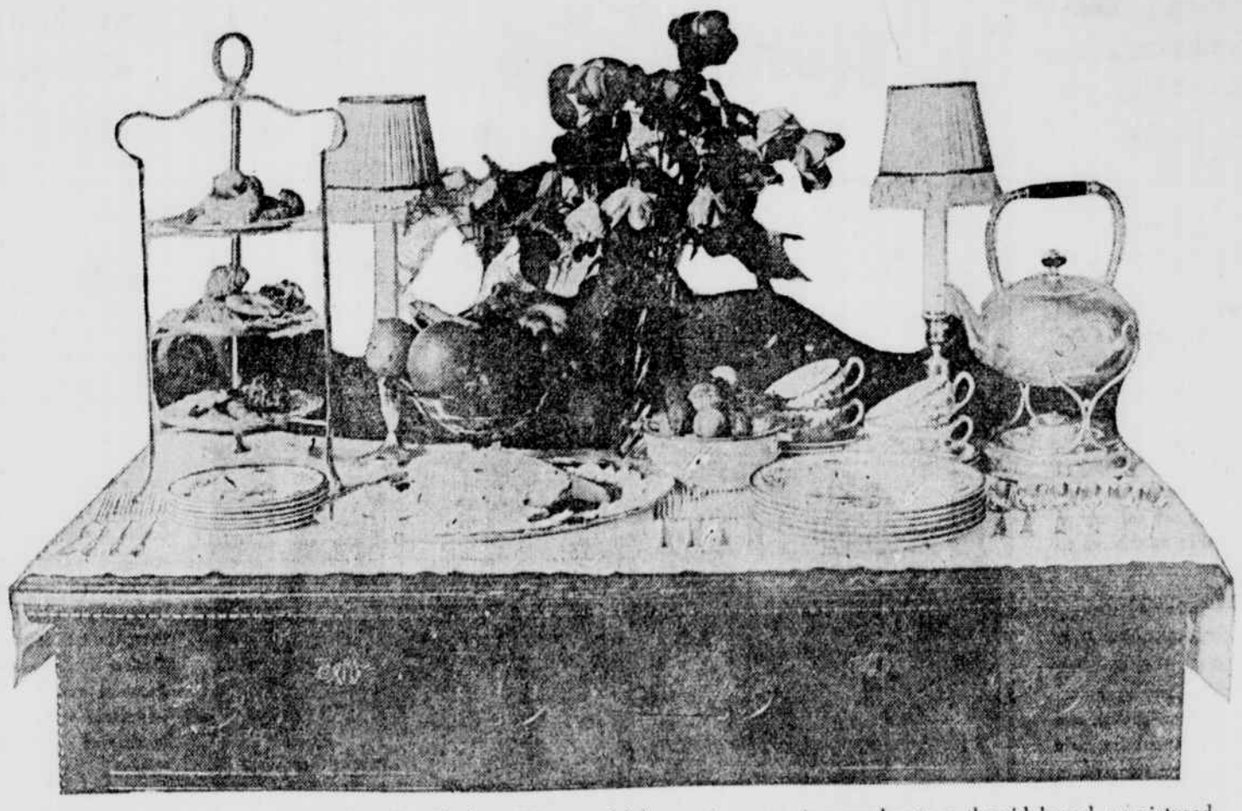
FOR those housekeepers who have visited the city of Vienna and have partaken of the genuine delicious chocolate beverage served there, the makeshifts served so frequently here in America under that name are but sorry substitutes.

In fact, what is called and served as chocolate is very often only a preparation of cocoa. Unfortunately it is not every housekeeper who can distinguish between the two beverages, but there is in reality a very great difference, and although cocoa is to be recommended as a highly nutritious and delicate drink, still it can never take the place of the richer, smoother chocolate.

For those who are not familiar with the difference between the two products, as prepared for the market, the following mode of procedure is observed in their manufacture. Both cocoa and chocolate come from beans about the size of large almonds which grow in pods on the cocoa tree. For the former the beans after they are gathered are dried in the sun and then made into a paste or crushed between heavy rollers; while for the latter, the beans are slowly roasted, shelled and reduced to a paste with the addition of rice, starch, cinnamon or sugar, according to the different manufacturer's formula.

To make the famous Vienna drinking chocolate, as served in the city of that name, the following tested recipe, obtained from a noted Austrian chef, is given: Use a rich, unsweetened chocolate (of which there are several reliable brands), four of the ordinary sections making eight cupfuls of ordinary size. Scrape and dissolve the chocolate in a pint of boiling water, and after placing it in the upper part of the double boiler add one cupful of sugar and a pint of milk. Heat to the boiling point and stir in one teaspoonful of cornstarch mixed with half a cupful of cold milk. Stir constantly until it thickens and boils. Allow it to boil for three or four minutes and then remove from the fire. Have in readiness one egg that has been whipped with half a cupful of hot water until it foams, add the chocolate and whip with an egg beater until light and frothy.

Sweetened whipped cream or fresh marshmallows may be added if the housekeeper so desires, but this method of making chocolate will produce such a rich, delicious beverage that these additions are not really necessary.



The Sunday night supper, accomplished with the minimum of labor and service, is spread out on the sideboard, as pictured here. This buffet service includes cold sliced chicken, fruit, nuts, sandwiches, cakes and tea. The tidbit stand, a resting place for small cakes and finger sandwiches, is of Sheffield plate silver, $10; the tea kettle of same pattern, $10, and entree plates, $5 a dozen—all from Ovington Bros.

Your Christmas Gift Must Be Well Dressed--Ribbon and Holly Are Part of Its Wardrobe

WHEN the days come for the last ceremony attendant upon Christmas gift giving—that of wrapping the parcels—all the trappings and wrappings must be collected and ready. There must be a supply of colored cord or string, bright stickers, tissue paper, stout outer paper, all sizes of boxes, red or holly ribbon and cards. Tied and wrapped, done up in gay equipment, the parcels are then ready for their Christmas journey.

Fascinating boxes, ranging in size from coin boxes to those large enough to hold blouses, skirts, etc., cost but a few cents, and they are so decorative with gay paper that they fairly shout "Merry Christmas!" Never were the crêpe papers for wrapping and decoration more attractive; they appear in large and small designs, some with the popular black and white background for the Christmas scenes. Or gay paper napkins of a better quality, not easily split, may be used for doing up small packages. The large spools of red ribbon, red and green striped ribbon, the balls of colored twine and bunches of red raffia are materials easy to use for tying and are most inexpensive. Gold cord is effective, but a trifle harder to manage, perhaps. A firm white paper tied with a good grade of half-inch red satin ribbon, ending in generous bows, makes a handsome package; but if many gifts are to be wrapped the ribbon is rather expensive. The sprig of holly or mistletoe or possibly a red rosebud, where cost is not to be considered, thrust through the ribbon knot is always effective. A deep, rich red tissue paper, costing at least two cents a sheet, was used last year by a young woman to do up her several dozen books. Instead of ribbon she used motto stickers, aiming to have them all appropriate.

Taste and originality in the gift cards may be displayed, as each year the supply is more fascinating and allows a wider range of choice. Search and ye shall find the very greeting you were looking for.

Although the cost of these Christmas wrappings is not exorbitant, it can be made even smaller if substitutes are made at home. Rope cord, for example, to be used instead of ribbon, may be made by twisting long, narrow strips of crêpe paper. Seals may be cut in odd shapes from some small design paper. All sorts of possibilities lie in the narrow passepartout paper binding, which comes in gay colors. Little boxes and baskets for bonbons can be made of the red paper cardboard lined with the tiny lace paper doilies to be bought at the five and ten cent store for almost nothing, and finished with the twisted rope handles. Tin boxes in which marshmallows or tea have come can be covered so easily with these odd papers, filled with small cakes or candies and tied up with gold cord. Quaint shaped glasses with decorated transferred Christmas garlands, wreaths, Santa Clauses, etc., when filled with choice marmalade or jam, are a cheerful remembrance for the Christmas breakfast.

Dried Fruits

DRIED APPLE PIE.

Take a half pound of dried apples, allow them to soak and swell, then stew them until tender. Add a cup and a half of sugar and let them cook down rich, put in two cloves, four very thin slices of lemon, and when rich and tender remove them from the fire and allow them to cool slightly. Have ready a deep pie plate, lined with good crust. Put in the apples and about a cup of the juice, add three tablespoons of sugar and a heaping teaspoon of butter dotted over the surface. Put on the top crust and bake. This pie may be served with a little whipped or plain cream, or the remaining quantity of juice may be boiled until it is a little bit thicker and have added to it a teaspoon of ginger syrup and a tablespoon of brandy, and thus be used as a hot sauce.

FIGS IN HONEY.

Soak half a pound of cleanly washed, whole figs until they are soft, then stew them in a cup of honey and a cup of water until they are very tender. They may be served hot, with just a little of the juice, or they may be drained, cooled and served with a little cream.

Dried peaches, apricots and apples may be soaked, then stewed and served with boiled custard or rennet custard, or they may be put through a puree sieve after stewing and made into a fruit puree by adding to them a little hot milk or cream.

Like all invalid dishes, however, little seasoning is added.

FROZEN FRUIT JUICE.

A good way to use up syrup, any syrup left from preserving, is to freeze it. Dissolve one teaspoonful of powdered gelatine in a little hot water, add to it two ounces of sugar, and when cool, two cups of the fruit syrup. Beat very stiff the whites of two eggs, fold them in and freeze.

PRUNE WHIP.

Stew one pound of large prunes until they are tender. Drain them and when slightly cool remove the pits, and chop the pulp fine. Add a little sugar and enough whipped cream to beat the pulp very light with a silver fork. Chill, heap in a parfait glass, and garnish with a cherry.

For Friday's Menu Here Are Fish Recipes of All Kinds

FISH, as the majority of housekeepers know, may generally take the place of meat in the ordinary daily diet. In fact, it is often to be preferred when it is easily assimilated, and especially is this true when it is served in connection with a starchy vegetable and a good green salad.

Oysters during the late fall and winter months and particularly when they are not overcooked (this always toughens them) are, as a rule, very easily digested, and are included in most of the hospital diets. They are more easily digested raw than any other way and in that form come nearer milk than almost any other common food, as regards the amount and relative proportions of nutrition. The housekeeper should also know that as oysters contain a large proportion of albumen, they should be cooked similarly to eggs—namely, at a low temperature.

In cooking other varieties of fish, the best flavors and least loss are obtained from baking and broiling. Boiled and steamed fish are apt to be rather tasteless and usually need a highly seasoned sauce to accompany them. The sauce should, however, be always chosen with due regard to the variety of the fish, as those very rich in fat, like Spanish mackerel, salmon, lake trout, etc., do not need additional fat in serving, while weakfish, haddock and cod, being deficient in this property, will need it supplied, either in the cooking or serving.

Halibut and whitefish seem to form a middle class in this regard. Sea foods are usually served with some relish that provides a desirable tartness.

As examples of appetizing and novel recipes to be used in cooking fish, the following are suggested:

HADDOCK, SPANISH STYLE.

Fry slightly in a saucpan one small onion chopped fine, and when nicely browned, add one quart of canned tomatoes, half a pint of hot water, a small piece of butter, a clove of garlic, a quarter of a teaspoonful each of ground cloves and black pepper, a teaspoonful of salt and two tablespoonfuls of vinegar. Boil steadily for twenty minutes. Then put in one medium sized piece of haddock and simmer until tender. When it is cooked thicken the gravy by the addition of a little flour, mixed to a paste with cold water, and add two tablespoonfuls of chopped parsley.

HALIBUT WITH LEMON SAUCE.

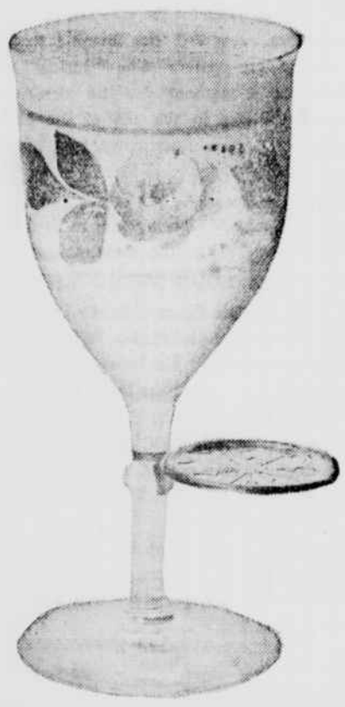
Put into a saucepan one generous pint of water and add a small minced onion, one teaspoonful of butter, two pods of minced red pepper, one teaspoonful of salt and a tablespoonful of chopped parsley. Allow it to boil for five minutes, then put in a piece of halibut weighing about two pounds and simmer slowly until the fish is tender. Remove from the water, drain and lay on a hot platter. Beat until light in an agateware saucepan two eggs and very gradually add to them one cupful of the strained liquor in which the fish has boiled. Season to taste with a few drops of Worcestershire sauce, half a teaspoonful of salt, and the juice of one lemon. Cook the sauce over hot water, only until well thickened, and pour over the halibut.

OYSTER SAUSAGE.

Run half a pound of veal through the meat grinder and add one pint of oysters, drained and chopped, three tablesspoonfuls of grated bread crumbs, the yolks of two eggs, a pinch of ground mace, half a teaspoonful of salt, paprika to taste and half a teaspoonful of powdered sweet herbs. Mix the ingredients well, form with floured hands into small sausages, dip them in egg and bread crumbs and fry in deep, hot fat to a golden brown. Drain for a moment on brown paper before serving.

BONED BLUEFISH.

Split and remove the backbone from a large bluefish and lay on a well-buttered baking sheet. Cream one-quarter of a cupful of butter, add two well-beaten egg yolks and stir until blended. Then add two tablespoonsfuls each of capers, chopped pickles, onion and parsley, two tablespoonfuls of lemon juice, half a teaspoonful of salt and a saltspoonful of paprika. Sprinkle the fish lightly with salt, spread with the prepared dressing and bake in a hot oven. Serve garnished with quarters of lemon and bunches of cress or parsley.



Goblets, in rose and blue design, are $12 a dozen. The little platform at the stem is a sandwich holder which makes for ease in serving and in handling. $5 a dozen. Both at Ovington Bros.

Fry out the olives with tongs for that purpose. 50 cts. Ovington Bros.

Mixing the French dressing at the table is simplified by the use of this bottle, on which the amounts of vinegar and oil are clearly indicated. At the top the paprika, sugar and salt are added and then the whole is shaken thoroughly. $3.75. Gilman Collamore & Co.

For Dessert

PRUNELLS ANI RICE.

TAKE a half a box of dried prunells and cover them with water. Let them stew until tender, drain them, and pour over them a half tumbler of good sherry wine. Boil rice enough to make two cups; have it light and fluffy. Drain the prunells, mix them with the rice, dust all with a little sugar, and heap with whipped cream, or plain cream may be used if preferred. This may be served in small quantities, the cream being added just before it is served each time.

MOCK MINCE PIE.

Take one cup of stoned raisins and chop them with two cups of fresh cranberries, add two cups of sugar, one cup of boiling water, two teaspoons of vanilla flavoring, and two teaspoons of flour. Mix all together smoothly, add a pinch each of cloves and cinnamon, and turn the mixture into the ready prepared pie crust. Bake and serve.

MOUSSES.

A general recipe for the making of mousse is here given. One cup of any of the dried fruits, after they have been stewed and put through a puree sieve, may be added to make the mousse, either peach, apricot or apple, or any chosen kind.

Dissolve one teaspoon of gelatine in two tablespoons of hot water, add to it when thoroughly dissolved a half cup of boiling milk, next add one cup of any fruit pulp desired, three tablespoons of orange juice, and fold in two cups of whipped cream. Put the mixture into a chilled mould and pack the pould in salt and ice for four hours.

CHILDREN AND PADLOCKS

The Proof of The Training is in The Decisions The Child Must Make Unaided--- Theories Never Can be Put Into Practice Behind Locked Doors.

If one stays in the house one can never learn to traverse the streets.

By Sidonie Matzner Gruenberg.

"OF all the weak, inconclusive, modern parents—is this what we've come to?" said Professor Marshall to his wife after a scene with their eighteen-year-old daughter, in Dorothy Canfield's new novel, "The Bent Twig."

After the eighteen years of "training," Sylvia manifests a desire to do what other young people are doing, to drift with the majority, to enjoy people and pastimes not approved by her parents. Having allowed their daughter to make decisions all these years, in the hope that she would thus learn to make right decisions, the father cries out helplessly when her decision in the first really serious situation is opposed to the parental judgment. He is tempted to appeal to "parental authority." We must reach out the hand to pull her back, or she will make a horrible mistake!

But the mother sticks to her principles. They had taught their children to think independently, and now it was impossible to use force. They had tried to give the children standards of conduct and by these they would stand. She had faith that in a crisis these standards and ideals would pull her through.

The most that parents can do for their children is to give them standards and ideals that will serve in emergencies as well as in the routine of life. But how often are we tempted to lose faith in our own teachings, and to resort to lock and key, as was Professor Marshall! How often do we see no choice but that between force and perdition!

Yet how often are children saved by the method of lock and key? The method of the cloister does indeed guard from many kinds of temptations, but unless one is to remain in the cloister how does it prepare for the problems of life? Behind locked doors one is safe against the noise and confusion of the street; but one can never learn there how safely to traverse it. It is the old problem of learning to swim without going near the water. The price of safety is too often sterility.

Genuine moral safety, the only kind that is worth while, is not attained by means of stockades and padlocks. It is attained by building up internal barriers against temptation. There must be a positive moral purpose, moreover, with so much dynamic force back of it that in its onward course the ordinary temptations of life can present no effective obstacles.

In the pursuit of this ideal of raising our children to live by the light kindled within parents often fail. That is sad, that is true. But is more to be accomplished by relying upon the unsteady flicker of prevailing fashion? Or is more to be accomplished by teaching the children to lean upon authority without question and without shame? It is undoubtedly true that some children take more readily to the kind of training that results in the establishment of these internal standards of conduct than do others. But it is impossible to say whether any children are quite incapable of profiting from such training since most children have never had the opportunity to show what they can do in this line. Most of us have been brought up to be "regular" by fear of physical suffering, or by fear of what people would say, or by some other form of external compulsion. And most of us apply the same methods to our children in turn.

As we become more experienced in this business of parenthood our feeling of responsibility grows upon us, we realize how much better our judgment is than that of the children, we realize more and more the dangers and the temptations that beset them. And of course we wish to save them from these dangers, we wish to give them the full benefit of our superior judgment. But there is a limit beyond which the child simply will not profit from the wisdom of others, except in a negative way—that is, in the way of doing nothing at all. Nor should we deny the child the privilege of acquiring his judgment by means of the kinds of experiences that have given us our insight.

. . . *Those other boys might be so rough or so careless in their speech!*

At any rate, we cannot save the child by building a fence around him, as the mother of a ten-year-old boy tried to do, to protect him from the rough manners and "bad language" of other boys. The mother had kept the child with her almost constantly, when he was not in school. In time she contrived to delegate portions of this burden to paid deputies. An hour or two a week were given to French lessons, and to these were added music lessons and painting lessons. At no point did this parent expect to get from the lessons full value in the way of discovered talents or cultivated tastes; this was merely the only way she knew of providing a safe passing of the child's days. When it was suggested to the mother that the boy might profit more from out-door games and the companionship of other boys, she expressed the fear that come of those "other boys" might be so rough, or so careless in their speech!

If the home is not capable of compensating for the roughness of boys and the giggles of girls, he will surely not be saved by padlocks and shutters. For a few years this mother will be able to shield her child from the inconsiderate rudeness of the world outside, just as she was shielded in her youth. But in the absence of a will and a steadfast purpose, her child will either succumb to the temptations that are sure to come when he gets beyond his mother's protection, or he will be obliged to retire for the rest of his days to the only kind of life for which the seclusion and darkness have fitted him.

By tying the hands you may keep one from doing harm; but you cannot thus destroy the desire to do the objectionable deed. It is better to leave the hands free, and to train them to do what you approve.

By tying the hands you may keep one from doing harm, but you cannot destroy the desire.